

Tuesday, September 18, 2018

Healthy Youth Nebraska



**Addressing Risks, Resiliency &
Barriers to Success**

Holiday Inn, 110 S 2nd Ave, Kearney, NE 68847

**Breakfast and Lunch Provided - CEUs Available - \$50.00 Registration Fee
7:30am – 4:30pm**

Erin Walsh , M.A. Presents:

The Character Challenge: Nurturing Resilience and Citizenship in 21st Century Youth

Fostering honesty, integrity, respect, courage, compassion and kindness in our youth is more important than ever. We cannot leave the development of character up to chance. Instead, these skills must be practiced and nurtured. Erin Walsh will describe the neurological basis of character skills and the main challenges to building them. She will explore the impact of media, stress, and praise on the development of the skills students need to succeed in school and life. Using brain science, stories, and humor, Erin will share strategies for fostering resilience and citizenship.

Sponsored by:

NE Department of Health and Human Services, Divisions of Public Health and Behavioral Health, NE Department of Education

This program meets the criteria of an approved continuing education program for social work and mental health practice. This activity has been submitted to the Texas Nurses Association for approval to award contact hours. Texas Nurses Association – Approver is accredited with distinction as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.



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7:30 - 8:00 REGISTRATION/BREAKFAST - Ballroom 1

8:00 - 8:15 WELCOME AND INTRODUCTIONS - Ballroom 1

8:15 - 9:45 The Character Challenge: Nurturing Resilience and Citizenship in 21st Century Youth - Erin Walsh - Ballroom 1

9:45 - 10:00 TRANSITION BREAK

10:00 - 11:15 BREAKOUT SESSIONS

Human Performance Project in Nebraska - Chadron - Jerry Mack - Stateroom B

Human Performance Project (HPP) in Nebraska is a project geared to lead to changes in school climate and behaviors among the student body. HPP is designed to support student behavior changes with focus on proper nutrition, adequate sleep and abstinence from alcohol and other substances. It is a best-practice education tool for junior high, high school and college students.

It's Complicated: Youth, Social Media and Mental Health - Erin Walsh - Stateroom C

In this interactive and energizing presentation, Erin Walsh will use brain science, stories, and humor to explain how technology is changing the ways that children grow up, socialize, and forge their identities. Erin will help professionals understand the key ingredients for wellness in the digital age and provide practical tools and strategies that help young people build on their strengths.

Breaking the Hush Factor: Ten Rules for Talking with Teenagers About Sex - Karen Rayne - Stateroom F

The role an adult plays as a tutor, mentor, friend, clinician, or parent changes as young people grow from children into teenagers. Those relationships can make all the difference in a young person's choices about sexuality. But how do you start that conversation and how do you keep it going once it's started? This workshop details ten concrete rules that provide guidance for adults as they support teenagers in decision-making and processing about all of the coming-of-age issues that young people face in today's complex world.

11:15 - 12:00 LUNCH SERVED - Ballroom 1

12:00- 1:15 BREAKOUT SESSIONS

13 Minutes: Preventing Suicide - Janae Shillito - Stateroom A

Attendees will learn about local and national suicide statistics, in addition to the risk factors, warning signs, and protective factors associated with suicide. They will also gain an understanding of effective ways to have a conversation about suicide, best practice guidelines, as well as resources.

Policy with Purpose: Using the Human Performance Project to Promote Positive Student Outcomes - Ward Wacker - Stateroom B

This session will give a fresh perspective on how school codes of conduct and policies can reduce at risk behaviors and promote positive choices by our youth. Attendees will be able to recognize the importance of a coordinated, community based, school policy based on the restorative justice model.

The "Why" of Mindfulness - Jessica Kroeker - Stateroom C

Mindfulness is a term that is becoming increasingly popular. Why? This presentation will explore functions of the different parts of the brain and how they are impacted by stress and soothed by mindfulness and other coping strategies.

Streetwise to Sexwise: Sexuality Education for High Risk Youth - Bill Taverner - Stateroom F

The Center for Sex Education recently published the third edition of Streetwise to Sexwise. Since its first publication 25 years ago, this teaching manual has been considered "the" go-to resource for a wide range of youth-serving professionals. This workshop, based on the brand new third edition, provides an overview of the unique characteristics and sexual health learning needs of high-risk youth, and provides sample activities that participants can easily replicate.

CONTINUED

1:15 - 1:30 BREAK

1:30 - 2:45 BREAKOUT SESSIONS

13 Minutes: Establish a Suicide Prevention Campaign in Your Community - Janae Shillito - Stateroom A

Suicide remains a significant public health problem in our country, but The Kim Foundation works to find unique ways to collaborate with various community groups to address this issue, including the 2016 launch of their local suicide prevention campaign, 13 Minutes. During this workshop participants will learn strategies on how to develop their own suicide prevention efforts, or become inspired to bring the 13 Minutes message to their community!

Nebraska System of Care: A Public Private Partnership - Bernie Hascall and Nathan Busch - Stateroom B

Systems of Care have transformed children's mental health services and improved the lives of children, youth and their families. The approach has gained wide acceptance due to the recognition that children with serious and complex mental health needs are frequently involved with multiple child-serving agencies. Positive outcomes for children and youth have been achieved through the increased use of family driven home and community-based services and supports.

Understanding the Impact of Sexually Explicit Material (SEM) Consumption on Youth - Elizabeth Schroeder - Stateroom C

More and more young people are accessing porn for their sexuality information. Adults are increasingly concerned about the impact viewing porn has on young people's health and well-being. This session will provide an overview of how much young people truly are accessing porn and what the available research tells us about the impacts. We will also have an opportunity to discuss why many adults are worried – and whether they need to be. What can adults do to reach young people with the dynamic, age-appropriate information they need?

Queer Here, There and Everywhere - Dominique Morgan - Stateroom F

We will discuss sexual orientation and gender identity within the confines of institutions and agency placement. How do we provide youth with positive reinforcement of who they are and how they identify while working with them in our professional capacities. Dominique Morgan will share his story of being in group homes as an out youth, entering the Nebraska prison system at the age of 19 as an out youth and navigating a heteronormative justice system as a queer individual.

2:45 - 3:00 BREAK

3:00 - 4:15 BREAKOUT SESSIONS

Love Doesn't Hurt – Teen Gender Violence Prevention - Christie Brungardt - Stateroom A

In this session, presenters will provide background on teen dating violence, discuss the obligations K-12 schools have to address these issues, and describe how schools and communities can better help teens recognize unhealthy relationship behaviors and promote healthy relationship behaviors. One in four adolescents will be the victim of physical, sexual, emotional or verbal abuse, or stalking from a dating partner. Teen dating violence is a preventable public health problem which requires a comprehensive strategy to stop it before it starts.

EPSDT 101 - Kimberly McClintick - Stateroom B

The Early and Periodic Screening, Diagnostic and Treatment (EPSDT) benefit provides comprehensive and preventive health care services for children under age 21 who are enrolled in Medicaid. EPSDT is key to ensuring that children and adolescents receive appropriate preventive, dental, mental health, and developmental, and specialty services. States are required to provide comprehensive services and furnish all Medicaid coverable, appropriate, and medically necessary services .

What About Boys? - Elizabeth Schroeder - Stateroom C

The vast majority of outreach, programs and services are created with the needs of girls in mind. Even if educators and clinicians work very hard to not perpetuate gender role stereotypes, the saying "boys will be boys" pervades educational and clinical interventions. In the United States, girls are set up as the sexual gatekeepers and decision-makers, while boys are set up to be either feared or widely ignored. This highly interactive training will provide the most up-to-date information available about how to work effectively with cisgender boys and young men.

Awareness of Potential Trauma Induced Behaviors & Finding the Most Effective Way to Help - Brenda Petersen - Stateroom F

We all see the world from our own "filters" and because of those filters we often find ourselves determining what constitutes a "crisis" for another person. This workshop will focus on how to practice removing our own "filters" and give tools to process through a student's own perception of events and how they are able to process through things. The workshop will give information on how to start the conversation, ask relevant questions that a "traumatized" brain can answer effectively, and some potential proactive and reactive strategies for possible resulting negative behaviors in and out of a classroom setting.

4:15- 4:30 ANNOUNCEMENT OF DRAWING WINNERS AND EVALUATIONS

CONFERENCE OVERVIEW

TARGET AUDIENCE

The Healthy Youth Nebraska: Addressing Risks, Resiliency & Barriers to Success conference is designed for teachers, school nurses, prevention and care providers, administrators, health professionals, community health planners, physicians, counselors, persons from community-based organizations, members of the faith community, social workers, parents and public health professionals.

LODGING

A block of rooms has been reserved for conference participants at the Holiday Inn Kearney, 110 S 2nd Ave, Kearney, NE 68847

\$93.00 plus applicable taxes per room per night

To make your reservations, please call the hotel at (308) 237-5971, 1-888 HOLIDAY

Room Block Name: Nebraska Department of Health & Human Services

Cutoff date for the room block is AUGUST 21, 2018

DIRECTIONS

HOLIDAY INN KEARNEY, 110 S 2ND AVE, KEARNEY, NE 68847

Driving Directions: From the East or West follow I-80 to Exit 272. Go North on 2nd Ave South, turn left on to Talmadge St, turn left onto 3rd Ave at the Holiday Inn Kearney at 110 S 2nd Ave.

FOR MORE INFORMATION

For registration questions contact:

Mai Dang at 402-471-2907, mai.dang@nebraska.gov

For CEU questions contact:

Carol Tucker, 402-471-1373, Carol.tucker@nebraska.gov

For all other questions contact:

Michaela Jennings, 402-471-0538, Michaela.jennings@nebraska.gov

Chris Junker, 402-463-5611, Chris.junker@nebraska.gov

REGISTRATION INFORMATION

- Use the following link to register for the conference: <https://hyn2018.eventbrite.com> All participants **MUST** register individually online. No faxed, emailed or mailed registrations will be accepted.
- Check or credit card accepted.
- Make checks out to DHHS Adolescent Health Program, include conference name on memo line.
- Checks may be sent to:
ATTN: Mai Dang, 3rd Floor
DHHS - Division of Public Health
- 301 Centennial Mall South P.O. Box 95026
- Lincoln, NE 68509-5026
- **NO REFUNDS FOR CANCELLATIONS**
- **REGISTRATION DEADLINE: SEPTEMBER 4, 2018**
- To accommodate the temperature variations at the conference, please dress in layers or bring a sweater or jacket. Casual dress is appropriate.

CONTINUING EDUCATION UNITS

Continuing Education Units have been applied for.

Sign-up to receive CEUs when registering online.

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SPONSORED BY



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